



### *Weekly Health Tips*

#### **Week 32**

##### ***Nutrition:***

If you are a non-smoker, maintaining a healthy body weight is the single most powerful means available to you to protect your health. Being overweight/obese increases your risk of a host of deadly diseases, including all forms of cardiovascular disease, type 2 diabetes, and many forms of cancer.

- Dr. Ann Kulze

##### ***Physical Activity:***

Plan family outings and vacations that involve activities such as hiking, bicycling, canoeing, skiing, swimming, etc.

- SC Governor's Council  
on Physical Fitness

##### ***Tobacco:***

Tell people around you that you are quitting. Fully commit to your recovery while enjoying your new freedom and healing.

- Whyquit.com

**[www.healthysc.gov](http://www.healthysc.gov)**